

**Department of Labor & Industries
Safety & Health Video Library
Ergonomics Videos
2002**

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<http://www.lni.wa.gov/wisha>

ERGONOMICS

- ***V0131 CTD Prevention for Employees**
- ***V0782 Ergonomic F.I.T.: Looking At the Signals**
- V0768 Ergonomics: Breaking the RMI Habit
- ***V0853 Ergonomics - The Practical Approach**
- V0825 Ergonomics: The 24 Hour Body
- ***V0924 Ergonomics Awareness Education (L & I Production)**
- V0872 Take Five: Ergonomics
- ***V0898 Understanding MSDs (Musculoskeletal Disorders)**

ERGONOMICS - EMPLOYEE EDUCATION

- ***V0848 Elements of Ergonomics - Module 1 Basics of Ergonomics**
- ***V0846 Ergonomic Task Analysis: Survey & Analyze**
- ***V0853 Ergonomics - The Practical Approach**
- V0877 Ergonomics: A Weight off Your Shoulders
- V0560 Ergonomics: Your Body at Work
- ***V0924 Ergonomics Awareness Education: Employees in the Caution Zone And Their Supervisors**
- ***V0361 Industrial Ergonomics**
- ***V0925 Prevenga los Trastornos Musculoesqueléticos (Understanding Musculoskeletal Disorders)**
- V0880 Principles of Office Ergonomics
- ***V0898 Understanding MSDs (Musculoskeletal Disorders)**
- ***V0559 Workplace Ergonomics: A Better Way to Work**

ERGONOMICS - EMPLOYER EDUCATION

- ***V0849 Elements of an Ergonomics Program**
- ***V0848 Elements of Ergonomics: Basics of Ergonomics**
- ***V0781 Ergonomic F.I.T.: Picturing the Process (Pt.1)**
- ***V0782 Ergonomic F.I.T.: Looking at the Signals (Pt.2)**
- ***V0912 Ergonomic F.I.T.: Seeing with an Ergonomic Eye (Pt.3)**
- V0913 Ergonomic F.I.T.: Focusing on the Action Tools
- V0681 Ergonomic Programs that Work
- V0846 Ergonomic Task Analysis: Module 1 Survey & Analyze
- V0847 Ergonomic Task Analysis: Module 2: Focus & Eliminate
- V0507 Ergonomics: Job Safety Analysis
- V0119 Safety By Design
- V0169 Way We Work: User's Guide to Office Ergonomics and Body Mechanics

ERGONOMICS – INDUSTRIAL ENVIRONMENT

- ***V0131 CTD Prevention for Employees**
- V0912 Ergonomic F.I.T.: Seeing With An Ergonomic Eye
- V0487 Ergonomic Tools (Humorous)
- ***V0853 Ergonomics - The Practical Approach**
- V0877 Ergonomics: A Weight Off Your Shoulders
- V0769 Ergonomics: Taking Matters into Your Own Hands
- V0361 Industrial Ergonomics
- ***V0925 Prevenga los Trastornos Musculoesqueléticos (Understanding Musculoskeletal Disorders)**
- ***V0852 Safe Lifting in the Warehouse**
- V0119 Safety By Design
- ***V0898 Understanding MSD's**

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ERGONOMICS - INDUSTRY SPECIFIC

Agriculture

V0801 Working Smarter, Not Harder: Ergonomics in Agriculture

V0802 Trabajando inteligentemente – No con más dificultades: Ergonomia en la Agricultura (Working Smarter, Not Harder)

Housekeeping / Custodial

V0812 Adventures of Ergo Man

Health Services / Sonography

***V0888 Understanding & Preventing Musculoskeletal Injury in Sonography**

Public Utilities, Line workers, Petroleum

V0871 Valve Safety

ERGONOMICS - OFFICE ENVIRONMENT

V0878 Ergonomics: It's Your Move

***V0880 Principles of Office Ergonomics**

V0254 Safe Workstation is No Accident

V0874 Take Five: Sitting

V0875 Take Five: Standing

V0169 Way We Work: A User's Guide to Office Ergonomics

V0276 Work With Display Screen Equipment

ERGONOMICS – SOLUTIONS

V0913 Ergonomic F.I.T.: Focusing on the Action Tools (Pt.4)

***V0912 Ergonomic F.I.T.: Seeing with an Ergonomic Eye (Pt.3)**

V0681 Ergonomic Programs That Work

V0487 Ergonomic Tools (Humorous)

V0835 Ergonomics: Solving the Puzzle

***V0361 Industrial Ergonomics**

***V0880 Principles of Office Ergonomics**

***V0852 Safe Lifting in the Warehouse**

V0254 Safe Workstation is No Accident

V0119 Safety By Design

ERGONOMICS – STRETCHING

***V0801 Working Smarter, Not Harder: Ergonomics in Agriculture**

***V0802 Working Smarter, Not Harder: Ergonomics in Agriculture (Spanish Version)**

***V0120 Stretchout: A Guide to Stretching in the Workplace**

V0876 Take Five: Stretching

*** = *Ergonomists' Choice***

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The starred videos are those given the highest rating.

6-20-02

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